

## AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application.

### Listing of Claims:

1-18 (Cancelled)

19. (New) An exercise device for providing adjustable resistance to an exerciser,

comprising:

a frame;

an exercise mechanism; and

a resistance assembly coupled to said frame, said resistance assembly comprising:

a curved arm having a first end pivotally coupled to said frame, a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;

an actuating assembly moveably coupled to said arm such that said actuating assembly encapsulates a portion of said arm; and

a resistance member coupled to said actuating assembly such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount of resistance applied by said resistance member to movement of said exercise mechanism.

20. (New) An exercise device as recited in claim 19, wherein said curved arm includes a plurality of apertures spaced apart along said curved arm between said first end and said second end, said plurality of apertures being disposed along said curved arm in an arc.

21. (New) An exercise device as recited in claim 19, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

22. (New) An exercise device as recited in claim 19, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.

23. (New) An exercise device as recited in claim 19, wherein said resistance member is coupled to said frame.

24. (New) An exercise device for providing adjustable resistance to an exerciser, comprising:

a frame;

an exercise mechanism; and

a resistance assembly coupled to said frame, said resistance assembly comprising:

a curved arm having a first end pivotally coupled to said frame, a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;

an actuating assembly moveably coupled to said arm, said actuating assembly including a first plate and a second plate, said curved arm being disposed between said first and second plates; and

a resistance member coupled to said actuating assembly and to said frame such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount of resistance applied by said resistance member to movement of said exercise mechanism.

25. (New) An exercise device as recited in claim 24, wherein said curved arm includes a plurality of apertures spaced apart along said curved arm between said first end and said second end, said plurality of apertures being disposed along said curved arm in an arc.

26. (New) An exercise device as recited in claim 24, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

27. (New) An exercise device as recited in claim 24, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.

28. (New) An exercise device as recited in claim 24, wherein said first plate and said second plate encapsulate a portion of said curved arm.

29. (New) An exercise device as recited in claim 24, wherein a portion of said first plate is spaced apart from said second plate.

30. (New) An exercise device for providing adjustable resistance to an exerciser, comprising:

a frame;

an exercise mechanism; and

a resistance assembly coupled to said frame, said resistance assembly comprising:

a curved arm having a first end pivotally coupled to said frame, a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;

an actuating assembly moveably coupled to said arm, said actuating assembly encapsulating a portion of said curved arm, said actuating assembly including a handle mechanism connected to a connecting member; and

a resistance member cooperating with said connecting member and said frame such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount of resistance applied by said resistance member to movement of said exercise mechanism.

31. (New) An exercise device as recited in claim 30, wherein said curved arm includes a plurality of apertures spaced apart along said curved arm between said first end and said second end, said plurality of apertures being disposed along said curved arm in an arc.

32. (New) An exercise device as recited in claim 30, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

33. (New) An exercise device as recited in claim 30, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.

34. (New) An exercise device for providing adjustable resistance to an exerciser, comprising:

a frame;

an exercise mechanism; and

a resistance assembly coupled to said frame, said resistance assembly comprising:

a curved arm having a plurality of apertures spaced apart along said curved arm, said curved arm having a first end pivotally coupled to said frame and a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;

an actuating assembly moveably coupleable to said curved arm by an engagement member engaging within an aperture of said curved arm, said actuating assembly including a plate having an aperture, said plate being disposed on a side of said curved arm, said engagement member maintaining engagement within an aperture of said plate so as to aid with aligning said engagement member with an aperture of said curved arm; and

a resistance member coupled to said actuating assembly and to said frame such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount of resistance applied by said resistance member to movement of said exercise mechanism.

35. (New) An exercise device as recited in claim 34, wherein said engagement member engages within said aperture of said plate and an aperture of said arm once said actuating assembly has been moved from one position relative to said arm to another position relative to said arm.

36. (New) An exercise device as recited in claim 34, wherein said actuating assembly further includes a second plate disposed on a side opposite from said first plate such that said first and second plates are disposed on opposite sides of said curved arm.

37. (New) An exercise device as recited in claim 34, wherein said actuating assembly encapsulates a portion of said arm.

38. (New) An exercise device as recited in claim 34, wherein said plurality of apertures are disposed along said curved arm in an arc.

39. (New) An exercise device as recited in claim 34, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

40. (New) An exercise device as recited in claim 34, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.